

# POOL & FITNESS CENTER



401 Centennial Avenue • Cranford, NJ 07016 • 908-709-7260  
web: [www.cranfordnj.org](http://www.cranfordnj.org) • email: [pool@cranfordnj.org](mailto:pool@cranfordnj.org)

## Swim Pool Staff

Stephen P. Robertazzi, CPRP, RA, CPO  
*Director, Recreation and Parks/  
Swim Pool Utility*

Jenna Matousek  
*Facility Manager*

## Swim Pool Advisory Board

Kathleen Prunty  
*Mayor/Liaison*

Stephen P. Robertazzi, CPRP, RA, CPO  
*Director, Recreation and Parks/  
Swim Pool Utility*

Luke Paine  
*Chairperson*

Barbara Bilger

Chris Chapman

Jerry Dobbins

Dennis Geier

Chris Kolibas

Rich Pizzutta

Juan Ruiz

Ellen Heaney Spinger

## WINTER MEMBERSHIP September 27, 2021 – May 24, 2022

### HOURS OF OPERATION

Monday through Friday – 5am to 9pm

Saturday & Sunday – 9:am to 6pm

Fitness Center opens at 8am on Saturdays & Sundays

### FACILITY CLOSURES

**Thanksgiving** – Thursday  
November 25, 2021

**Gator's Swim Meet** – Sunday  
December 5, 2021

**Christmas** – Saturday  
December 25, 2021

**New Year's Day** – Saturday  
January 1, 2022

**Easter** – Sunday  
April 17, 2022

Wednesday – May 25, 2022  
Thursday – May 26, 2022  
Friday – May 27, 2022

## IN-PERSON REGISTRATION ONLY

Proof of Residency is required (Driver's License, Union County I.D. Card, etc.).  
Birth Certificates of children are required unless they were previous members.

### Monday, Tuesday & Wednesday

9:00am to 4:00pm

### Thursday & Friday (beginning 9/30)

9:00am to 8:30pm

## Guest Privileges

Each member has the privilege of bringing a guest or guests to the facility for a guest fee. You must accompany your guest and you are responsible for educating your guest about the rules of our facility.

## POOL RENTALS

**Pool Rentals** – Available Saturdays & Sundays.

**Time:** After 6:00pm

**Fee:** \$300.00 per hour

Call Jenna at 709-7260  
for more information.

## POOL BIRTHDAY PARTIES



The Cranford Pool & Fitness Center would like to help your child celebrate his or her special day with an indoor pool Birthday Party Package. On either Saturday or Sunday between the hours of 1:00pm – 3:00pm or 3:30pm – 5:30pm you can enjoy the use of the pool and party area. Parents supply the cake, food, drinks and paper products and the pool staff takes care of the party games and clean up! Cost per person is \$10.00 for members and \$15.00 for non-members. All parties must have a minimum of ten (10) paying people at full price and the birthday child is free\*. For additional information or to make a reservation call Jenna at 908-709-7260.

**\*Birthday parties are held during our winter season only!**

## MEMBERSHIP FEES

**\*\*IN PERSON ONLY\*\***

2021 Summer Pool Members receive a discounted Winter Rate when converting to an Annual Membership!

	Resident	Non-Resident
Individual	\$325	\$475
Family of 2	\$375	\$600
Family of 3	\$400	\$625
Family of 4	\$425	\$650
Senior Citizen (age 62)	\$175	\$325
Add/Child Care Provider	\$200	\$300
Full Corporate (Min. 5 persons)	\$425 per Individual	

Weekday Guest Pass \$10 (After 5:00pm \$5)  
Weekend Guest Pass \$15 (After 5:00pm \$5)

2021 Summer Pool Members who register before October 31, 2021, receive a deep discount by paying only the balance of the Annual Membership rate. For example, a Resident Individual Annual Fee is \$500, and their Summer Pool membership fee is \$275. Instead of paying the standard \$325 Winter Membership rate, the Resident Individual saves \$100 with discounted rate of \$225.

For example, a Resident Individual paid \$275 for a Summer membership. The Annual fee for this person is \$500.00. This person would normally pay \$325 for a Winter Membership but if registered by October 31, would only pay the discounted rate of \$225, a savings of \$100!

Annual fee - Summer Membership =  
Discounted Winter Rate

In Person Registration Only

Please make checks payable to Cranford Swim Pool Utility.

Visa, Master Card & Discover are accepted.  
No Refunds will be granted after October 31, 2021.

**Please keep I.D. cards from season to season. There is a \$10.00 lost card fee.**

## Pool Programs

*Management reserves the right to change or adjust the schedule or programs as deemed necessary.*

### Open and Family Swim

**Days:** Monday – Friday (Pool shared with other activities)

**Time:** 9:00am – 11:30am

1:30pm – 6:00pm

7:30pm – 8:45pm

**Saturday & Sunday**

10:00am – 5:45pm

### Lap Swimming

The pool will be devoted entirely to lap swimming unless otherwise noted. Participants must be 18 years of age or older to utilize the pool for lap swimming. Children, even accompanied by an adult or in the arms of an adult, may not use the pool during lap swimming hours.

**Days:** Monday – Friday

**Time:** 5:00am – 9:00am

11:30am – 1:30pm

5:30pm – 6:00pm (4 lanes for lap swimming  
and 2 lanes for swim team)

### Aquatic Exercise Classes – Shallow Water

**Days:** Monday, Tuesday, Thursday & Friday

**Time:** 9:00am – 9:45am

### Aqua Yoga

**Days:** Tuesday & Thursday

**Time:** 12:00pm – 12:30pm

### US Masters Fitness & Triathlon Training

**Days:** Tuesday, Thursday & Saturday

**Time:** Tuesday, and Thursday

7:30pm – 8:30pm

**Tuesday and Thursday**

7:00am – 8:00am

**Saturday**

8:00am – 9:00am

**Fee:** Daily Drop-in: \$5 Member

\$10 Non-member daily drop-in

Unlimited Classes: \$40 Members

\$50 Non-member

### Swim Teams

#### Jersey Gators

**Days:** Monday – Friday

**Time:** 6:00pm – 7:30pm

#### Cranford High School (November 8 to February 14)

**Days:** Monday – Friday

**Time:** 3:30pm – 5:00pm

# Starfish Aquatic Institute Training Classes



The Cranford Pool and Fitness Center is affiliated with Starfish Aquatics Institute. Starfish Aquatics Institute, a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

The Cranford Pool & Fitness Center offers a variety of Starfish Aquatic Training classes. Payment is due on the first day of class or after successful completion of pre-test. If you do not pass the course, no refund will be given. Attendance

is required on all days and times of each course section.

**Cancellations & Refunds** – The fees include materials and certifications unless otherwise noted. (See individual course listings). All fees are due at the time of registration. Registrations are on a first come, first serve basis. Cancellations with at least 2 weeks' notice will receive a 50% refund. No refunds will be given within 1 week of the class start date.

## Registration Guidelines

1. Registration is on a first come, first serve basis.
2. Registration form and payment in cash, check or credit card is required at the time of registration.
3. A parent must be present when registering children under 18 years of age.

4. All programs at the facility are also cancelled when public schools are closed due to inclement weather.
5. Classes cancelled due to inclement weather will be made up at the discretion of the Pool & Fitness Center. Please call 908-276-6767 for information on program cancellations and status due to weather related issues.

Starfish Aquatics Institute, a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

## What is Starfish Swimming®?

Cranford Pool & Fitness Center is an independent authorized provider of Starfish Swimming, a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). Learn more about SAI at [www.starfishaquatics.org](http://www.starfishaquatics.org).

The Starfish Swimming curriculum is designed for student's ages 6 months to adult. Benchmarks are established at each stage in the program that combine both swimming and safety skills. Students participate in experiential learning activities allowing them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team.

SAI curriculum includes StarBabies™ (ages 6 months to 36 months), Starfish Swim School® (ages 3 and up) and Starfish Stroke School™ programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

**Fee per session: \$85 – Members • \$100 – Non-Members**

**No refunds on swim lessons. No make-up on swim lessons.**

**You may only sign up for ONE session at a time.**

## What role do I play in my child's swimming development?

As a parent or caregiver, you play a vital role in your child's swimming development. You have already taken the first step, by registering your child for swim lessons. Now you must continue to communicate with your child's instructor and practice, practice, practice!

The bathtub is a great place to start practicing! Bubbles, breath holding, looking underwater, floating and kicking can all take place in the bathtub! A few trips to the pool between swim lessons are nice too! You shouldn't feel the need to push children to do everything they are doing in swim lessons.

Just give them the opportunity to get wet, splash around and explore the water on their own terms.

But remember supervision is a must! While swimming lessons are one layer of protection, nothing beats supervision.

Keep your eyes on your child whenever you are in, on, or near the water!

If you have any questions, please do not hesitate to ask. We're here for you.

**IMPORTANT: THOSE REGISTERED FOR SESSION 1 WILL HAVE FIRST PRIORITY FOR SESSIONS 2 & 3. ALL OTHERS WILL BE PLACED ON A WAITING LIST.**



# Starfish Swimming Courses

The purpose of these courses is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence building, fun and loving experience.

## Trust and Comfort

**Safety Skill:** Understand constant and dedicated surveillance. Swim Skill: Parent and child are relaxed and confident and enjoy going in the water together.

## Body Positions

**Safety Skill:** Fit and properly put a lifejacket on the child. Swim Skill: Perform a relaxed front, back, vertical and side position for at least 5 seconds each.

## Submersion

**Safety Skill:** Use floatation to help someone in the water and know how to call 911.

**Swim Skill:** Enter from the wall, submerge, turn around, grab on to the wall and pull up (assisted).

## Air Recovery and Rollover

**Safety Skill:** Identify six methods of preventing recreational water illness.

**Swim Skill:** Enter from the wall submerge, come to the surface unassisted and get a breath in vertical or horizontal (on back) position.

## Forward Movement

**Safety Skill:** Know about infant and child CPR.

**Swim Skill:** Move through the water independently 10 feet with or without floatation.



## StarBabies™ & StarTots™

**Ages:** 6 months – 3 years  
**Days:** Monday  
**Time:** 10:00am to 10:30am  
**Session 1:** 10/4 – 11/15  
**Session 2:** 2/7 – 3/21  
**Session 3:** 3/28 – 5/16 \*No class on 4/18

## StarBabies™ & StarTots™

**Ages:** 6 months – 3 years  
**Days:** Sunday  
**Time:** 9:30am to 10:00am  
**Session 1:** 10/3 – 11/21 \*No class on 10/31  
**Session 2:** 12/15 – 1/30 \*No class on 12/26 or 1/2  
**Session 3:** 2/6 – 3/20  
**Session 4:** 3/27 – 5/22 \*No class on 4/17 or 5/8

## Sea Squirts (MUST BE POTTY TRAINED)

### WEDNESDAY SESSIONS

**Ages:** 3 years – 5 years  
**Days:** Wednesday  
**Time:** 10:00am to 10:30am or  
1:30pm to 2:00pm  
**Session 1:** 10/6 – 11/17  
**Session 2:** 12/1 – 1/26 \*No class on 12/22 or 12/29  
**Session 3:** 2/9 – 3/23  
**Session 4:** 3/30 – 5/18 \*No class 4/20

### SUNDAY SESSIONS

**Ages:** 3 years – 5 years  
**Days:** Sunday  
**Time:** 9:00am to 9:30am  
**Session 1:** 10/3 – 11/21 \*No class on 10/31  
**Session 2:** 12/15 – 1/30 \*No class on 12/26 or 1/2  
**Session 3:** 2/6 – 3/20  
**Session 4:** 3/27 – 5/22 \*No class on 4/17 or 5/8

### THURSDAY SESSIONS

**Ages:** 3 years – 5 years  
**Days:** Thursday  
**Time:** 10:00am to 10:30am or  
1:30pm to 2:00pm or  
4:00pm to 4:30pm (Sessions 1, 3 & 4)  
**Session 1:** 10/7 – 11/18  
**Session 2:** 12/2 – 1/27 \*No class on 12/23 or 12/30  
**Session 3:** 2/10 – 3/24  
**Session 4:** 3/31 – 5/19 \*No class 4/21

# Starfish Swim School - 6 Years and Up

Students work toward development of the five core swimming competencies. The stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

## CLOWN FISH *(Formerly Level 1)*

**Ages:** 6 years and up  
**Days:** Monday or Wednesday  
**Time:** 4:00pm to 4:30pm

### MONDAY SESSIONS

**Session 1:** 10/4 – 11/15  
**Session 2:** 2/7 – 3/21  
**Session 3:** 3/28 – 5/16  
\*No class 4/18

### WEDNESDAY SESSIONS

**Session 1:** 10/6 – 11/17  
**Session 2:** 2/9 – 3/23  
**Session 3:** 3/30 – 5/18  
\*No class 4/20

## Trust and Submersion *Body Position and Air Recovery*

**Safety Skill:** Always ask permission before getting in the water AND put on a lifejacket, float on back and kick 20 feet.

**Swim Skill:** Assisted submersion, relax 5 seconds and then come up to breathe AND jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.



## PUFFERFISH *(Formerly Level 2)*

**Ages:** 6 years and up  
**Days:** Monday or Wednesday  
**Time:** 4:00pm to 4:30pm

### MONDAY SESSIONS

**Session 1:** 10/4 – 11/15  
**Session 2:** 2/7 – 3/21  
**Session 3:** 3/28 – 5/16  
\*No class 4/18

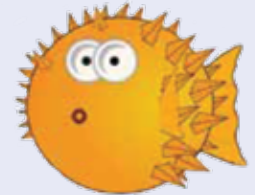
### WEDNESDAY SESSIONS

**Session 1:** 10/6 – 11/17  
**Session 2:** 2/9 – 3/23  
**Session 3:** 3/30 – 5/18  
\*No class 4/20

## Submersion

**Safety Skill:** Reach or throw (Don't Go) and know how to call 911.

**Swim Skill:** Jump in, submerge, recover for air, forward movement 10 feet, change direction and return to wall in swimwear and in regular clothes.



# Starfish Stroke School™

## SEA TURTLES *(Formerly Level 3)*

**Ages:** 6 years and up  
**Days:** Monday or Wednesday  
**Time:** 4:00pm to 4:30pm

### MONDAY SESSIONS

**Session 1:** 10/4 – 11/15  
**Session 2:** 2/7 – 3/21  
**Session 3:** 3/28 – 5/16  
\*No class 4/18

### WEDNESDAY SESSIONS

**Session 1:** 10/6 – 11/17  
**Session 2:** 2/9 – 3/23  
**Session 3:** 3/30 – 5/18  
\*No class 4/20

## Body Rotation Integrated Movement

**Safety Skill:** Tread water for 15 seconds AND survival float and tread water for 30 seconds.

**Swim Skill:** Jump in, submerge, recover to side glide position and kick 10 feet AND start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.



Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke and more!

## PELICANS *(Formerly Level 4)*

**Ages:** 6 years and up  
**Days:** Tuesday  
**Time:** 4:00pm to 4:30pm

**Session 1:** 10/5 – 11/16  
**Session 2:** 2/8 – 3/22  
**Session 3:** 3/29 – 5/17  
\*No class 4/19

## Freestyle, Backstroke and Introduction to Butterfly

**Safety Skill:** Always ask permission before getting in the water AND put on a lifejacket and kick 30 feet.

**Swim Skill:** Swim freestyle 30 feet with body stretched out and consistent form AND swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension.



## STINGRAYS *(Formerly Level 5)*

**Ages:** 6 years and up  
**Days:** Tuesday  
**Time:** 4:00pm to 4:30pm

**Session 1:** 10/5 – 11/16

**Session 2:** 2/8 – 3/22

**Session 3:** 3/29 – 5/17

\*No class 4/19

### Butterfly

**Safety Skill:** Scenario assist and know when to call 911.

**Swim Skill:** Swim 4 strokes butterfly and only one breath. Then remainder of pool freestyle.



## BARRACUDAS *(Formerly Level 6)*

**Ages:** 6 years and up  
**Days:** Tuesday  
**Time:** 4:00pm to 4:30pm

**Session 1:** 10/5 – 11/16

**Session 2:** 2/8 – 3/22

**Session 3:** 3/29 – 5/17

\*No class 4/19

### Breaststroke – Endurance

**Safety Skill:** Discuss the Starfish safety concepts AND thread water or survival float for 2 minutes.

**Swim Skill:** Swim 30 feet breaststroke with good timing and extension AND swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 25 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.



## SWIMPREP

**Ages:** 6 years and up  
**Days:** Tuesday  
**Time:** 4:00pm to 4:30pm

**Session 1:** 10/5 – 11/16

**Session 2:** 2/8 – 3/22

**Session 3:** 3/29 – 5/17

\*No class 4/19

### For those who completed Barracudas.

Focuses on functional swimming skills such as self-rescue and endurance. Designed for the student who wishes to increase confidence and competence in the water.



## Safety Classes

### StarGuard Training

StarGuard is an integrated curriculum and includes emergency care skills necessary to protect life or prevent further injury until EMS arrives. The performance objectives of the American Safety & Health Institute CPR, First Aid, Bloodborne Pathogens, Emergency Oxygen and Automated External Defibrillation (AED) are built into the course. The integration results in a more confident, competent lifeguard.

The American Safety & Health Institute in partnership with Starfish Aquatics uses a systematic, thorough planning process to assure that program materials reflect the most current knowledge available. Ongoing research with a national peer review ensures up-to-date information and programs that have sound educational formats.

Candidates will be taught the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. This course also includes training in aquatic-specific first aid and cardiopulmonary resuscitation (CPR) training and AED.

**PREREQUISITES:** Must be 16 years of age, swim 350 yards, head up continuously, 50 yards, head up with rescue tube, 100 yards of front crawl, 100 yards of breaststroke and 100 yards of either front crawl or breaststroke; Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to starting point with the object, and get out of the pool in 1 minute 40 seconds.

**For Pretest dates and Class dates, please call the Cranford Pool & Fitness Center.**

# Additional Courses Offered

Please call for more information

## Bloodborne Pathogens Training

This training module is designed for first responders, health care professionals, lifeguards, and other workers who are at risk for on-the-job exposure to blood and body fluids that can cause infection. This course helps to meet training requirements for the OSHA bloodborne pathogens standard.

## CPR/AED for Professional Rescuers and Health Care Providers

As an EMT, firefighter, athletic trainer or lifeguard, it is your duty to respond to cardiac or breathing emergencies until more advanced medical personnel can take over. From assessing needs and making decisions to providing care, this program provides the skills you need through discussion; video and hands-on training based on real-life rescue scenarios. Course covers adults, children and infants and includes free online refreshers.



## Starfish Swim Instructor

This course is for individuals who desire to become a swim instructor. The Starfish Swimming Program allows you to reach people of all ages to swim for pleasure, fitness or competition and teach them correctly.

Prerequisites: Minimum of age 16. Must pass water skills screening to validate swimming ability at a level appropriate to demonstrate skills that correspond with the curriculum.



## StarGuard Review Course

The Review course is designed to review the lifeguarding skills and core knowledge points required to recertify in lifeguarding.

Prerequisite: Current Red Cross Lifeguarding/First Aid/CPR/AED or current StarGuard/First Aid/CPR/AED certificate. Note: If the Lifeguarding/First Aid/CPR/AED certificate is expired, participants must take the full Lifeguarding or Shallow Water Lifeguarding course.



## First Aid/CPR/AED for Workplaces, Schools and Individuals

- First Aid: Learn how to respond to common first aid emergencies, including burns; cuts; head, neck and back injuries and more. Pediatric option available.
- CPR/AED Learn how to respond to cardiac and breathing emergencies in adults, including the use of automated external defibrillators (AED). Adult and infant/child CPR options available.
- Review Renew your First Aid/CPR/AED certification in an abbreviated class session. Current certification is required.
- Challenge Prepare on your own and demonstrate skill competency in front of a ASHI instructor. Current certification is not required.



## BABYSITTING SERVICES

Babysitting is available from 9:00am to 12:00pm Monday through Friday. This service is available so that you can participate in lap swimming; exercise classes; use the fitness center, etc.

A 1½ hour time limit is allowed per child.

**You must remain on the premises.**

Please do not abuse this service!!

**Fee:** \$5.00 per hour or any part of the hour, per child  
 \$170 for winter season per child  
 (\$50 for each additional child)



## Application Form – Winter 2021 - 2022



Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Emergency Phone \_\_\_\_\_

Company \_\_\_\_\_

Phone \_\_\_\_\_

Name	Date of Birth	Sex	I.D. Number

**Make checks payable to: Cranford Swim Pool Utility**

**Mail To: Cranford Swim Utility  
 401 Centennial Ave.  
 Cranford, NJ 07016**

**Cash and Credit Card (Master Card, Visa or Discover)  
 payments must be made at the office.  
 DO NOT mail cash payments.**

### Office Use Only

**Group Number:** \_\_\_\_\_

**New Member**    **Renewal**    **Conversion**

**Membership Type:** \_\_\_\_\_

**Registration Date:** \_\_\_\_\_

**Membership Fee:** \_\_\_\_\_



# Membership Rules and Regulations

1. Observe all posted rules.
2. **NO prolonged underwater swimming or breath holding.**
3. **Proper footwear MUST be worn at all times within the facility.**
4. **No mermaid fins or other fin toys are permitted.**
5. Members must scan their membership card to gain attendance into the facility. NO Exceptions!
6. Members are responsible for the actions of their guests. Parents are responsible for the actions of their children. **No guests are permitted to enter facility without a member present.**
7. Children under the age of 12 are not allowed to enter the facility unless accompanied by an adult. The adult is expected to remain in the facility as long as the children are in the facility.
8. Boys/Girls over the age of 5 are not permitted in the ladies/men's room.
9. Hair shoulder length or longer MUST be pulled back.
10. **Glass or ceramic containers are not permitted anywhere in the facility.**
11. **Alcoholic beverages and controlled dangerous substances are prohibited throughout the facility and may result in loss of membership. Bags and coolers are subject to search.**
12. No pets allowed in the facility at any time.
13. Members and guests are liable for their own insurance in case of an accident or injury. Members and their guests use the facility at their own risk.
14. Members are responsible for the safe keeping of their valuables. Cranford Pool and Fitness Center employees, Advisory Board Members, Township Commissioner and the Township of Cranford will not be responsible for the loss of any items in or around the facility. Individuals are responsible for their own belongings.
15. No smoking is allowed in the facility. Violators will be subject to a \$250 to \$1,000 fine.
16. Gum chewing is prohibited throughout the entire pool and fitness complex.
17. Selling of food or merchandise, except by authorized pool personnel or agents, will not be tolerated. Behavior or activities creating conditions of danger or annoyance are prohibited in the pool complex. Loud playing radios are included in this category.
18. No food is allowed in the indoor pool area.
19. **No person will be allowed to enter the pool area unless a lifeguard is on duty.**
20. All patrons are required to shower before entering the pool and/or sauna.
21. Only bathing suits are permitted in the pool and sauna.
22. **Toys, rubber balls, inner tubes, flotation devices and snorkels are not permitted in the pool.**
23. Lifeguards and facility staff are responsible for enforcing all rules and regulations. Violations will be brought to the attention of the management staff who will take whatever action necessary to correct the situation.
24. Dress within the pool complex shall be consistent with standards of good taste. All bathers must wear appropriate attire.
25. Any person having a communicable disease, open blisters or cuts, sores or inflamed eyes, ears, nose or mouth infections, or any type of skin disease, will be excluded from the pool area, fitness center and babysitting area. A doctor's certificate of permission must be obtained by anyone who disagrees with the decision of management. Management continues to maintain the right of refusal.
26. Dressing or undressing may only take place in the locker room.
27. **Infants must wear rubber pants over their diapers while they are in the water. Wearing disposable diapers or swim diapers and rubber pants are only permitted in the intermediate and baby pool areas. NO ONE IN DIAPERS IS PERMITTED IN THE MAIN AREA.**
28. Band-Aids must be removed before entering the pool. They must be discarded into a garbage can.
29. No rough play in the pool (pushing, shoving, chicken fights, cannonballs and sit outs).
30. Use of the starting blocks is prohibited unless under the supervision of a swim coach or instructor.
31. No diving into the pool at any time except during an instructional class.
32. The interpretation and enforcement of this body of rules and regulations will be the responsibility of the pool manager and/or assistants at all times. Decisions and actions made necessary for circumstances not specifically covered herein will be at the discretion of the manager.
33. Parents are not allowed on the pool deck during swim lessons and/or swim practice.
34. Pool equipment such as kickboards, swim noodles, pull buoys, buoyance belts and hand buoys are available for use in the indoor pool area. Please return all equipment to its proper place when you are finished with it.
35. Flotation devices such as "swimmies" or life vests are not allowed. However, children are allowed to wear the bathing suits with the flotation device built into the suit.
36. The facility must be vacated by the designated closing hour. The pool will be cleared 15 minutes prior to facility closing. Please do not loiter and exit the facility as quickly as possible.
37. If it is determined there is thunder and/or lightning in the area, all pools and pool areas will be required to close immediately. All pools and the immediate areas will remain closed for 30 minutes past the last visible lightning strike or thunder.
38. Must be 18 years of age or older to swim in lap lanes and during indoor lap swimming times.
39. **Management reserves the right to alter hours of operation when necessary.**
40. **There are No exceptions to any rules and regulations that govern the facility.**

# New Fitness Program from Horizon Blue Cross Blue Shield of New Jersey

## Horizon**bFit** At-A-Glance

**What is Horizon**bFit**?** **Horizon**bFit**** is a new program offered to select Horizon BCBSNJ members **ages** 18 years or older. The program offers reimbursements of \$20 per month to members who enroll and visit a participating fitness facility at least 12 times a month. Horizon BCBSNJ makes this program available through Advanta Health Solutions, an innovative health and fitness provider that develops and manages physical activity programs to help people live healthier.

**How It Works...**A simple four-step process makes it easy for members to enroll.



### Step One:

Members visit **Horizon**bFit**.com** to check their eligibility.



### Step Two:

Once eligibility is confirmed, members search for participating facilities by ZIP code and select a primary fitness facility.



### Step Three:

Members complete an online enrollment form and set up an account that is linked to a major credit card. Reimbursements will be posted to the credit card on file.



### Step Four:

Members review their account information and fitness facility selection and confirm their enrollment. Their enrollment will become effective on either the 1st or the 15th of the month, depending on when they enroll.

Unlike a discount-only program, **Horizon**bFit**** reimburses members a portion of their monthly fitness facility membership fees when they meet their attendance goals. It's another way Horizon BCBSNJ is Making Healthcare Work.

## It Pays To Be Fit!

The rewards are endless when you exercise on a regular basis. You'll be healthier, feel better and have more energy to make the most of each and every day! Now, Horizon Blue Cross Blue Shield of New Jersey is making regular exercise even more beneficial for you with the introduction of **Horizon**bFit****, the program that rewards you when you stay on track to achieve your fitness goals!

## Benefits that add up!

When you enroll in **Horizon**bFit****, you become eligible to receive a \$20 reimbursement for every month that you visit your selected fitness facility 12 times or more. That means

that you can earn up to \$240 a year in rewards when you exercise regularly! Enrolling is free and easy to do!

Simply visit **Horizon**bFit**.com** to verify your eligibility, select a participating fitness facility and set up your secure account. Once your online enrollment is confirmed, if you visit your selected fitness facility 12 times or more a month, you'll earn a \$20 reimbursement for that month.

**Horizon**bFit**** makes getting regular exercise affordable, convenient and more rewarding for you!

Whether you are already an active member of a fitness facility, or thinking of becoming one, visit **Horizon**bFit**.com** today and start enjoying the benefits of living healthier every day!

## Fitness Center

Membership includes;

- Instruction in use of equipment
- Assistance with self-directed training regimen

### Rules of the Fitness Center

1. All members are required to scan their membership cards when entering and leaving the fitness center.
2. All members in the fitness center must be 18 years of age or older. An individual between the **ages** of 14 & 18 years of age will be allowed to use the equipment when closely and continuously supervised by an adult who assumes all responsibility for him or her.
3. Equipment use is at your own risk. You are liable for your own insurance in case of any injury or accident.

4. Member and their guests are responsible for their own property. Management will not **be responsible for any theft or loss of items.**

5. Please do not bring gym bags, pocketbooks or other articles into fitness center' You may bring a lock and use a locker on a daily basis to protect your valuables.

6. All members and their guests must wear at least a shirt and shorts or some suitable athletic attire and closed soft-soled shoe-preferably sneakers.

7. Water bottles are permitted in the fitness center. NO eating or gum chewing.

8. Management reserves the right to alter hours of operation when necessary.